Downloading Carrot WELLNESS

Apple Users

Apple Download Instructions:

1. Download the Carrot Wellness App from the App Store on your smartphone (only available on smartphones, not on computers)
2. Once the application has finished downloading open the app
3. Please select OK to "CARROT" would like to use Bluetooth.
4. Slide through the instruction tabs
   a. Allow NOTIFICATIONS and LOCATION SERVICES to see all the great rewards near you!
   b. Be sure to allow CARROT to 'WRITE' and 'READ' Steps Data. (Wheelchair users should select 'Pushes' and 'Wheelchair'.)
      1. This should take you to Apple Health (swipe to see Green on the steps for writing data AND swipe to see Green on the steps for reading data (unless you are in a wheelchair then swipe to see green for pushes and wheelchair)
      ii. If you have a wearable device, you will connect that later the application will take either your phone steps or your wearable device steps (whichever is higher) but not both.
      iii. If you allow access on your Apple Health Carrot Wellness should automatically connect with an Apple Watch now.
   c. Use CARROT's "Refer & Earn" feature and get 1,000 Reward points each time a friend signs up.
5. Login with either your phone number or with your Facebook account (it doesn't matter which)
   a. Login with phone number will have you enter your phone number and a confirmation code
   b. Login with Facebook will bring up your account on your phone, select continue
6. The application will then allow you to start tracking your steps.

Apple Challenge Instructions:

1. To be added to the challenge please select the three lines in the upper left-hand corner in the Carrot Wellness Application
2. Select Settings at the bottom of the tab
3. Select Join Wellness
4. Enter your WORK email and automatically be added to your work challenge.

Apple Fitbit Connect Instructions:

1. Please select the three lines in the upper left-hand corner in the Carrot Wellness Application
2. Select link Fitbit
3. Read the prompt and select YES
4. This will then bring you to your Fitbit application to allow the connection

Other Questions: https://help.carrotwellness.com/